

MONDAY

- 09:00 - 17:00** MIDWIFE CLINIC *
HEATH COMMUNITY HUB, RM10 7HX
- 09:00 - 17:00** MIDWIFE CLINIC *
BECONTREE COMMUNITY HUB, RM8 2QR
- 09:00 - 17:00** PERINATAL MENTAL HEALTH CLINIC*
BECONTREE COMMUNITY HUB, RM8 2QR
- 09:00 - 17:00** HEALTH VISITOR HEALTH REVIEWS *
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 10:00 - 11:00** MESSY PLAY TERM TIME ONLY
CHADWELL HEATH COMMUNITY CENTRE, RM6 6AS
- 10:15 - 11:00** PEEP - MUSICAL MOVEMENTS (0 - 4 YEARS)
VALENCE LIBRARY RM8 3HT
- 10:30 - 11:15** STORY & RHYME
MARKS GATE COMMUNITY HUB, RM6 5NJ

WEDNESDAY

- 09:00 - 17:00** MIDWIFE CLINIC *
HEATH COMMUNITY HUB, RM10 7HX
- 09:00 - 17:00** MIDWIFE CLINIC *
BECONTREE COMMUNITY HUB, RM8 2QR
- 09:30 - 11:30** INFANT FEEDING SUPPORT *
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 09:30 - 14:30** BABYZONE [TERM TIME ONLY]
BABY ZONE AT FUTURE YOUTH ZONE, RM9 5YX
- 10:00 - 11:00** PEEP - PLAY AND TALK SESSION (18 MONTHS - 4 YEARS)
VALENCE LIBRARY RM8 3HT
- 10:00 - 12:00** TRIPLE P FOR BABY [TERM TIME ONLY - START DATE TBC]
BABY ZONE AT FUTURE YOUTH ZONE, RM9 5YX
- 10:15 - 11:00** STORY & RHYME
MARKS GATE COMMUNITY CENTRE, RM6 5NJ
- 12:30 - 14:45** STAY & PLAY
ST MARKS CHURCH, RM6 5NR
- 13:30 - 15:30** BABY WEIGHING CLINIC
FIVE ELMS HEALTH CENTRE, RM9 5TT

FRIDAY

- 09:30 - 16:00** MIDWIFE CLINIC *
HEATH COMMUNITY HUB, RM10 7HX
- 09:30 - 11:00** BABY WEIGHING CLINIC
CHADWELL HEATH HEALTH CENTRE, RM6 6RT
- 09:30 - 11:00** FAMILY HUB DROP IN WITH PARENT & TODDLER PLAY SESSION (3RD FRIDAY OF THE MONTH)
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 10:00 - 11:00** PEEP-A-BOO (0 - 18 MONTHS)
HEATH COMMUNITY HUB, RM10 7HX (STARTING MAY)
- 10:00 - 14:00** KIDS BANK (PREVIOUSLY KNOWN AS BABY BANK) *
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 10:00 - 11:00** PLAY & COMMUNICATE * (SPEECH AND LANGUAGE NEEDS)
BECONTREE COMMUNITY HUB, RM8 7QR

TUESDAY

- 09:00 - 17:00** MIDWIFE CLINIC *
BECONTREE COMMUNITY HUB, RM8 7QR
- 09:00 - 16:00** MIDWIFE CLINIC *
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 09:30 - 11:00** BABY WEIGHING CLINIC WITH STAY & PLAY
MARKS GATE COMMUNITY HUB, RM6 5NJ (1ST TUESDAY EVERY MONTH)
- 10:00 - 11:30** MESSY PLAY TERM TIME ONLY
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 10:30 - 11:30** TINY TOTS TERM TIME ONLY
CHADWELL HEATH COMMUNITY CENTRE, RM6 6AS
- 10:30 - 12:00** MOTHER & TODDLER COFFEE MORNING
CHADWELL HEATH COMMUNITY CENTRE, RM6 6AS
- 12:00 - 14:00** MUMS MATTER * (8-WEEK PROGRAMME)
MARKS GATE COMMUNITY HUB, RM6 5NJ

THURSDAY

- 09:00 - 16:00** MIDWIFE CLINIC *
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 09:30 - 11:00** BABY MASSAGE * (STARTING 09/09/2024)
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 10:00 - 14:00** KIDS BANK (PREVIOUSLY KNOWN AS BABY BANK) *
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 10:00 - 11:00** PEEP - PLAY AND TALK SESSION (18 MONTHS - 4 YEARS)
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 10:30 - 12:30** MUMS MATTER * (8-WEEK PROGRAMME)
BECONTREE COMMUNITY HUB, RM8 7QR
- 10:30 - 12:00** EARLY YEARS COCOON
CHADWELL HEATH COMMUNITY CENTRE, RM6 6AS
- 12:30 - 14:30** INFANT FEEDING SUPPORT
THE WHITE HOUSE, GREEN LANE, RM8 1BX
- 16:00 - 17:30** PLAY & COMMUNICATE * (SPEECH AND LANGUAGE NEEDS)
BECONTREE COMMUNITY HUB, RM8 7QR

EVERYDAY SERVICES

- 09:00 - 16:00** BABY WEIGHING CLINIC - SELF SERVICE
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 09:00 - 16:00** SENSORY ROOM *
MARKS GATE COMMUNITY HUB, RM6 5NJ
- 09:00 - 16:00** SENSORY ROOM *
BECONTREE COMMUNITY HUB, RM8 7QR
- 09:30 - 16:30** FAMILY HUB - ACCESS TO NAVIGATORS
MARKS GATE COMMUNITY HUB, RM6 5NJ



MONDAY

- 09:30 - 16:30 **SENSORY ROOM ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 10:00 - 12:00 **LIFE LINE INFANT FEEDING**
DAGENHAM LEARNING CENTRE, RM10 9QS
- 13:00 - 15:00 **PARENT LED WEIGHING SESSION**
DAGENHAM LEARNING CENTRE, RM10 9QS

WEDNESDAY

- 09:30 - 14:30 **PORTAGE PLAY AND LEARN *(0-5 YEARS)**
YOUTH ZONE, RM9 5YX (TERM TIME ONLY) PORTAGE STAFF WILL ATTEND FOR 1.5 HOURS BETWEEN 10.30AM - 1PM
- 12:30 - 16:30 **SENSORY ROOM ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 13:00 - 14:00 **INTRODUCTION TO STARTING SOLIDS WORKSHOP**
PORTERS AVENUE, RM9 5YX (2ND WEDNESDAY EVERY MONTH)
- 14:30 - 16:30 **PEEP - PLAY AND TALK SESSION * (18 MONTHS - 4 YEARS)**
DAGENHAM LEARNING CENTRE, RM10 9QS

FRIDAY

- 09:30 - 15:00 **SENSORY ROOM ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 10:00 12:00 **STAY & PLAY BY PRECIOUS ANGELS**
PARK CENTRE RECTORY ROAD, RM10 9SA
- 10:00 - 11:00 **PEEP-A-BOO (0 - 18 MONTHS)**
HEATH COMMUNITY HUB RM10 7HX

TUESDAY

- 09:00 - 16:00 **ANTENATAL & POSTNATAL CLINIC ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 09:00 - 11:30 **BABY WEIGHING CLINIC**
JULIA ENGEWELL HEALTH CENTRE, RM9 5T
- 09:30 - 14:00 **SENSORY ROOM ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 10:00 - 11:00 **PEEP - PLAY AND TALK SESSION (18 MONTHS - 4 YEARS)**
DAGENHAM LEARNING CENTRE, RM10 9QS
- 11:30 - 12:30 **PEEP - PLAY AND TALK SESSION * (18 MONTHS - 4 YEARS)**
DAGENHAM LEARNING CENTRE, RM10 9QS
- 13:00 - 14:00 **PEEP-A-BOO (0 - 18 MONTHS)**
DAGENHAM LEARNING CENTRE, RM10 9QS

THURSDAY

- 09:00 - 16:00 **ANTENATAL & POSTNATAL CLINIC ***
VILLAGE COMMUNITY HUB, RM10 9XW
- 09:30- 10:30 **PEEP N PLAY**
DAGENHAM LEARNING CENTRE, RM10 9RR
- 09:30 - 11:30 **BABY WEIGHING CLINIC**
CHURCH ELM LANE HEALTH CENTRE, RM10 9RR
- 11:00- 12:00 **PEEP N PLAY**
DAGENHAM LEARNING CENTRE, RM10 9RR
- 12:30 - 14:30 **INFANT FEEDING SUPPORT SESSIONS**
THE WHITE HOUSE, RM8 1BX
- 12:30 - 14:30 **STAY & PLAY BY PRECIOUS ANGELS**
DAGENHAM LEARNING CENTRE, RM10 9RR
- 13:30 - 16:30 **SENSORY ROOM ***
VILLAGE COMMUNITY HUB, RM10 9XW

EVERYDAY SERVICES

- 09:30 - 16:30 **FAMILY HUB - ACCESS TO NAVIGATORS**
DAGENHAM LEARNING CENTRE, RM10 9QS
- 09:30 - 16:30 **HOME & MONEY HUB**
DAGENHAM LEARNING CENTRE, RM10 9QS



MONDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 09:30 - 11:00 TOTS N PLAY**
BARKING LEARNING CENTRE, IG11 7NB
- 13:00 - 15:00 CHILD HEALTH CLINIC**
THAMES COMMUNITY HUB, IG11 0LH
- 13:00 - 14:15 PEEP N PLAY**
THAMES COMMUNITY HUB, IG11 0LH
- 13:15 - 14:15 PEEP-A-BOO (0-18MONTHS)**
THAMES COMMUNITY HUB, IG11 0LH (STARTING 9TH SEPT)

WEDNESDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 09:00 - 16:00 ANTENATAL & POSTNATAL CLINIC ***
THAMES COMMUNITY HUB, IG11 0LH
- 10:00 - 13:00 MUMS MATTER * (8-WEEK PROGRAMME)**
THAMES COMMUNITY HUB, IG11 0LH
- 10:00 - 11:00 PEEP N PLAY**
BARKING LEARNING CENTRE, IG11 7NB

FRIDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 09:00 - 11:00 2-12 GROUP TRIPLE P * (8 WEEK COURSE - STARTING 27TH SEPT)**
NORTHBURY PRIMARY SCHOOL, IG11 8JA
- 09:30 - 14:00 CLOTHES & TOY BANK**
THAMES COMMUNITY HUB, IG11 0LH
- 09:30 - 16:00 ANTENATAL & POSTNATAL CLINIC ***
THAMES COMMUNITY HUB, IG11 0LH
- 10:00 - 11:00 INFANT FEEDING**
BARKING LEARNING CENTRE, IG11 7NB
- 10:00 - 10:45 ALL AROUND THE WORLD**
BARKING LEARNING CENTRE, IG11 7NB
- 13:30 - 14:15 MUSICAL MOVEMENTS (STARTING 13TH SEPT)**
THAMES COMMUNITY HUB, IG11 0LH
- 15:30 - 16:30 COMMUNITY FOOD CLUB**
THE HIVE COMMUNITY BUILDING, IG11 8PY

TUESDAY

- 09:00 - 16:00 PARENT LED WEIGHING SESSION**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 09:00 - 17:00 ANTENATAL & POSTNATAL CLINIC ***
GASCOIGNE COMMUNITY HUB, IG11 7PR
- 10:00 - 12:00 MINI MUSLIMS - MOTHER & TODDLER SESSION**
AL MADINA MOSQUE, NORTHBURY COMMUNITY HUB, IG11 8PY
- 10:00 - 12:00 FAMILY NAVIGATOR DROP IN (2ND & LAST TUESDAY EVERY MONTH)**
EASTBURY COMMUNITY HUB, IG11 9LL
- 10:00 - 13:00 STRENGTHING FAMILIES, STRENGTHENING COMMUNITIES ***
THAMES COMMUNITY HUB, IG11 0LH (13 WEEK COURSE - STARTING 3RD SEPT)

THURSDAY

- 09:00 - 17:00 ANTENATAL & POSTNATAL CLINIC ***
GASCOIGNE COMMUNITY HUB, IG11 7PR
- 10:00 - 12:00 BABY WEIGHING CLINIC**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 10:00 - 12:00 INFANT FEEDING**
CHILD AND FAMILY CENTRE, IG11 7LZ
- 13:15 - 14:15 PEEP - PLAY AND TALK SESSION (18 MONTHS - 4 YEARS)**
BARKING LEARNING CENTRE, IG11 7NB (STARTING 9TH SEPT)
- 14:00 - 15:00 PORTAGE PLAY AND LEARN (0 - 5 YEARS)**
THAMES COMMUNITY HUB, IG11 0LH (TERM TIME ONLY)

SATURDAY

- 10:00 - 11:30 DADS ROCK**
BARKING LEARNING CENTRE, IG11 7NB

EVERYDAY SERVICES (MON-FRI)

- 09:30 - 16:30 FAMILY HUB - ACCESS TO NAVIGATORS**
BARKING LEARNING CENTRE, IG11 7NB
- 09:30 - 16:30 HOME & MONEY HUB**
BARKING LEARNING CENTRE, IG11 7NB
- 09:30 - 16:30 SENSORY ROOM ***
THAMES COMMUNITY HUB, IG11 0LH
- 09:30 - 17:00 SENSORY ROOM ***
ABBEY COMMUNITY HUB, IG11 8JA





MELLOW BUMPS

Mellow bumps is a 6-week antenatal group which aims to help you relax and prepare for the birth of your baby. Contact for more info: parentingprogrammes@lbbd.gov.uk

[STARTING 24TH SEPT 2024]

INFANT FEEDING SUPPORT - DROP IN SESSIONS

Support new parents with both breast feeding or formula feeding. Opportunity to meet other new parents in a safe non-judgmental space. pre-school siblings welcome. For more information contact: Mary – 07762-887738 / Emma - 07762 886634 / Caroline – 07354 609137

WHERE & WHEN

MONDAYS 10:00 - 12:00 - DAGENHAM LIBRARY CENTRE , RM10 9QS
WEDNESDAY 09:30 - 11:30 - MARKS GATE COMMUNITY HUB, RM6 5NJ
THURSDAYS 12:30 - 14:30 - THE WHITE HOUSE, DAGENHAM, RM8 1BX
FRIDAY 10:00 - 11:00 - BARKING LEARNING CENTRE, IG11 7NB

2 - 12 GROUP TRIPLE P

8 week programme to help parents enjoy being a parent and help their child develop well: What is positive parenting / Helping children develop / Managing behaviour /Planning ahead /Using positive parenting strategies For dates and further information contact Parenting Coordinator parentingprograms@lbbd.gov.uk

WHERE & WHEN

09:00 - 11:00 FRIDAY
NORTHBURY PRIMARY SCHOOL, IG11 8JA
[STARTING 27TH SEPT 2024]

TRIPLE P STEPPING STONES

8 week programme for parents of children with a diagnosed additional need or disability. Triple P Stepping Stones helps with: Child development/Managing behaviour/ Positive discipline practices/ Self care. or dates and further information contact Parenting Coordinator parentingprograms@lbbd.gov.uk

WHERE & WHEN

THURSDAYS 10:00 - 12:00
CHILDREN & YOUNG PEOPLE DISABILITY,
RM8 2QR
(STARTING 12TH SEPT)

MUMS MATTER

A free 8-week programme designed by mums for mums. It focuses on: empowerment, improving mental health, wellbeing and raising self-esteem. Contact: mumsmatter@haveringmind.org.uk

WHERE & WHEN

TUESDAYS 12:00 - 14:00 - MARKS GATE COMMUNITY HUB, RM6 5NJ
WEDNESDAYS 10:00 - 13:00 - THAMES COMMUNITY HUB, IG11 0LH
THURSDAYS 10:00 - 13:00 - BECONTREE COMMUNITY HUB, RM8 7QR

STRENGTHENING FAMILIES, STRENGTHENING COMMUNITIES 0-5 YEARS

A free inclusive 13-week course to help parents and carers to raise healthy, happy babies and young people. Refreshments and light meal provided. Creche available upon request. For more information or to book your place contact – Jade@racefound.org.uk or 07841903289

WHERE & WHEN

TUESDAY 10:00 - 13:00
THAMES COMMUNITY HUB, IG11 0LH
(STARTING 3RD SEPT)
WEDNESDAY 10:00 - 13:00
MARKS GATE COMMUNITY HUB, RM5 5NJ
(STARTING 4TH SEPT)
MONDAY 10:00 - 13:00
DAGENHAM LIBRARY, RM10 9QS
(STARTING 11TH SEPT)
TUESDAY 09:30 - 12:30
JAMES CABELL PRIMARY, RM9 6TD
(STARTING 17TH SEPT)

ALL AROUND THE WORLD

Singing popular Nursery Rhymes with actions and signing. No need to book, just turn up and sign in.

ANTENATAL, POSTNATAL & MIDWIFE CLINICS

Antenatal checks to monitor the health of you & your unborn child. Postnatal for new-born baby checks. Booking through your midwife is required, please call: 0300 300 1813

BABY BANK/ CLOTHES TOY BANK

Drop off or collect pre-owned baby items, clothing etc. At Marks Gate and Thames Community Hub.

BABYZONE

Drop-in sessions for babies and toddlers (0-4years) and their families. Canteen is open from 12-1:30pm but feel free to also bring your own snacks too.
www.futureyouthzone.org/whats-on-offer/babyzone/

CHILD HEALTH CLINIC

Appointments with your health visiting team will be at regular intervals to discuss your child's health and development needs. You can also see them at a child health clinic.

DADS ROCK

Playgroup for new and experienced dads, stepdads, grandads, uncles and men with parental responsibility. Mums welcome as well!

FAMILIES DROP-IN (SEND)

Limited to those with children with complex medical and/or special educational needs. Contact SENCo Emma Townley to book a time on: 020 8724 1274.

INFANT FEEDING

Get the support you need to breastfeed successfully and the correct information for responsive formula feeding. Breastfeeding is the healthiest way to feed your baby.

INTRODUCTION TO STARTING SOLIDS WORKSHOP

Introduction of solid foods begins at around 6 months of age. We recommend you attend one of our workshops once your baby turns 4 months.

MESSY PLAY

Allowing children to be curious and engage with their environment and learn through exploration.

MINI MUSLIMS - MOTHER & TODDLER SESSIONS

Drop-in session for mother and toddler time at Al Madina Mosque, Northbury Community Hub.

MUSICAL MOVEMENTS

The aim of musical movements is to help recognise how music, songs and rhymes support all aspects of babies and children's physical development.

PARENT LED WEIGHING SESSION

We have parent led weighing sessions available, where you can come and weigh baby yourself without seeing a health visitor.

PEEP-A-BOO 0 - 18 MONTHS

Peep-A-Boo sessions will include; Ideas for learning through play, Stories and singing, Signposting, Community family and Shared experiences. Please contact Nikki Price on Nikki.Price@lbbd.gov.uk to book.

PEEP - PLAY AND TALK SESSIONS - 18 MONTHS - 4 YEARS

Peep - play and talk sessions will include; Ideas for learning through play, Stories and singing, Signposting, Community family and Shared experiences. Please contact Nikki Price on Nikki.Price@lbbd.gov.uk to book.

PERINATAL CLINIC

Supporting women with mental health problems during pregnancy and up to a year postnatally.

PORTAGE PLAY AND LEARN

Drop in for parents and children aged 0-5 years with complex needs. Term time only.

SENSORY ROOM

(0-5 years) - come and enjoy sensory equipment. Book via centre.

STORY & RHYME

Fun story time with music and rhyme.

TOTS N PLAY

A play session for 0-5 years old children at Barking Learning centre.



COMMUNITY HUB LOCATIONS

Barking & Dagenham Family Hubs

